

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 International Space Station opened on this day in 2000.</p> <p>Ribecue</p>	<p>3 National Sandwich Day</p> <p>Oven Fried Chicken</p>	<p>4 First Wagon train from the east reaches California in 1841</p> <p>10:00 Chair Yoga Plus on Zoom</p> <p>No deliveries</p>	<p>5 Guy Fawkes Day</p> <p>Dijon Crusted Pork</p>	<p>6 National Nachos Day</p> <p>Sloppy Joe</p>
<p>9 The Great Boston Fire occurred on this day in 1872</p> <p>Chicken w/ Scampi Sauce</p>	<p>10 First iPod was sold on this day in 2001</p> <p>Chicken Meatball Sub</p>	<p>11 Veteran's Day</p> <p>No deliveries</p>	<p>12 Women's Rights Leader Elizabeth Cady Stanton born 1815</p> <p>2:00 Science Group Zoom Meeting</p> <p>Broccoli chicken</p>	<p>13 Vietnam Veteran's Memorial dedicated in 1982</p> <p>Beef Burgundy</p>
<p>16 Fall of the Inca Empire in 1533</p> <p>Boneless Chicken with Pesto sauce</p>	<p>17 Lewis & Clark reach the Pacific Ocean in 1805.</p> <p>Meatloaf</p>	<p>18 Antarctica discovered in 1820.</p> <p>10:00 Chair Yoga Plus on Zoom</p> <p>1:00 Coping w/ the Holidays After a Loss Zoom Program</p> <p>No delivery</p>	<p>19 President Lincoln reads the Gettysburg Address in 1863.</p> <p>Turkey w/Gravy Thanksgiving Special</p>	<p>20 Mexican Revolution Day</p> <p>Baked Fish</p>
<p>23 National Cashew Day</p> <p>Swedish Chicken Meatballs</p>	<p>24 Lee Harvey Oswald assassinated by Jack Ruby in 1963</p> <p>Yankee Pot Roast</p>	<p>25 Andrew Carnegie born 1835.</p> <p>10:00 Chair Yoga Plus on Zoom</p> <p>No deliveries</p>	<p>26 Happy Thanksgiving</p> <p>No Service</p>	<p>27 Black Friday</p> <p>American Chop Suey</p>
<p>30 Mark Twain born 1835</p> <p>Salisbury steak</p>	<p>November 2020</p> <p>Meals on Wheels / Grab & Go Lunch Entrees and some notable events from November history.</p> <p>Items in black are outdoor / Zoom programs offered by the Rose Baker Senior Center. Call for information.</p>			

Less Stress and More Stretch. Don't stop moving. It's easy!

Nia with Linda Wilkes—No Impact Fitness for Any Age

Studio 1623—Channel 12

Mon, Wed, Fri, Sun at 8:00 a.m. & Tues, Thur, Sat at 6:00 p.m.